

2022

Winter News



Abbeyfield
Canada

www.Abbeyfield.ca



President's Report

Dear friends,

As 2022 draws to a close, on behalf of the board, the staff at Abbeyfield Canada I want to offer our holiday best wishes and reflect on what

we have done together over this unprecedented year.

I have had the privilege of serving Abbeyfield Canada as President for three years now. Our

Abbeyfield "family" encompasses many: our residents who allow us to contribute to their care and well-being; employees who provide essential services while forming deep personal bonds; volunteers who choose to serve their community; and donors who support Abbeyfield's mission.

We have been fortunate to witness the total commitment of our Abbeyfield family and the difference it makes in the lives of so many.

We have also learned what gives us great hope is the generosity and spirit of our collective community. Thanks to all of you, we have been able to accomplish great things in the face of this year's challenges.

We hope that you will take a moment to reflect on the difference you have made this year as you celebrate the holiday season, regardless of how you celebrate it. And that you will join me in ringing in the New Year with anticipation of all that we will accomplish together in 2023.

The holidays are a special time, a time to connect with all that grounds us in purpose, and a time to welcome peace into our lives. My wish is that you find ways to share this time with the people you love and that you get a chance to feel a sense of joy and peace that the season offers us.

Thank you for your partnership and support over the past year. Happy holidays to you and your loved ones.

Be well and stay safe.

Denis Laframboise
President, Abbeyfield Canada



Denis Laframboise, Abbeyfield Canada President, at
Trent University, Ontario September 24, 2022



Celebrating fall with some fun Residents and staff at nine Abbeyfield Canada Houses joined in celebrating the fall season by creating scarecrows as part of a contest. Each scarecrow is unique and shows off our Abbeyfield folks' talents.

Scarecrow contest a hit

Nov. 12, 2022 - Abbeyfield Canada's board of directors wants to congratulate all the Houses that participated in this year's Scarecrow contest. The creativity shown by many House residents and staff is amazing! Photos of these scarecrows can be viewed on the Abbeyfield Canada Facebook page now and will be featured in the upcoming Winter 2022 newsletter.

According to the contest rules, the first five Houses to send in photos of their scarecrows will receive a prize. This year's prizes are \$20 each, which will be sent to each of the winning Houses so residents can enjoy an extra sweet dessert treat.

The winners are:

- St. Benedict House, Nanaimo, B.C. – Harvest Angel
- Durham House, Durham, Ont. – Ducky Crew Baseball team
- Vernon House, Vernon, B.C.
- Fort St. John House, Fort St. John, B.C. – Iron Man
- Saskatoon House, Saskatoon, Sask.

Thanks to all who took part in this year's contest!

Vancouver House Report

Hello from Vancouver House!

We'd like you to meet "Icky-Bob " - our scarecrow. Icky-Bob is a busy guy. We have found him reading a book on aging, checking out the activity calendar, helping Nat with a puzzle, taking a ride on Oleg's scooter and making his way out to the accessible garden on both his walker and wheelchair.

His costume was mostly from a local thrift shop. Karen (one of our coordinators) made his head out of papier mache over a balloon and did the paint job too. We all collected leaves from the local trees and filled bags to fill his body. We upcycled the sticks that held up plants for his arms and body.

He was planning to spend Halloween in a deck chair greeting the trick or treaters and eating candy. Happy Halloween!

Submitted by Nancy Kennedy-Schmidt





Here in Durham the duck race has been an attraction for many years, along with all of our baseball teams for every age group. We decided to make two scarecrows to represent the two things Durham is well known for, our love for baseball and the Duck races.

One of our scarecrows is sitting on the bench recovering from his turn at bat and the other is standing on the bench cheering on the team! Go Ducky crew go!



Fort St. John House's "Iron Man"



Orchard City above

Port Alberni
right and left



Saskatoon House
meets
Charles and Camilla



Vernon's Miss Daisy



Golden St Paul Report



On August 10th, 2022, Kootenay-Columbia **MP Rob Morrison** presented **Penny Shappard of Abbeyfield House Society of St. Paul's Golden**, with a Queen Elizabeth II Platinum Jubilee pin and coin for her commitment and dedication to her neighbours and community by her outstanding and long-term volunteerism

ABBEYFIELD CANADA WINTER 2022 NEWSLETTER



Penny Shappard was instrumental in the design and planning of the Rose garden at Abbeyfield House in Golden. Since the inception of the Rose Garden in 1994/9, she has managed all the planting and maintenance of the garden, along with a loyal group of volunteers. She is also very active in selecting the flowers and planting the raised flower beds beside each resident's window, along with various other containers of flowers around the House.



Duncan House Report

After an amazing October with temperatures in the mid-20s, fall has finally arrived in B.C. The dusting of snow on the ground confirmed that winter is around the corner.

Our summer fundraiser was very successful this year and we raised over \$4,000 for our new furnace project. We are also preparing to install a stair lift in the house. We successfully raised \$20,000 to fund this project.

Our next fundraiser is in December. We are having a craft and bake sale with a tea and pictures with Santa. All of our talented residents, staff, board and families are busy creating some great things for the sale. Funds raised will also go toward our furnace project.

A highlight in October was attending the B.C. Chapter meeting in Kelowna. Meeting and sharing stories with other Abbeyfielders is always very inspiring.

Then we had a visit from Denis, our Abbeyfield Canada President, and International Partnership Manager Cheryl Dean from Abbeyfield International. It was nice to show them around our House and hear about other

Abbeyfield Houses around the country and around the world.

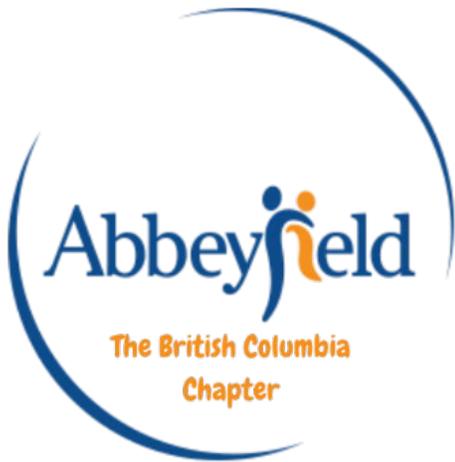


We had two staff members with COVID this fall, but fortunately, none of our residents have contracted it.

Some challenges this year include keeping to the budget and hiring new staff. Gas and grocery costs have skyrocketed making it hard to purchase all of the usual items on our grocery list. Our cooks continue to be creative with menu planning to stretch the budget. New cooks are hard to find in the Duncan area. It is very competitive right now as most businesses are looking for workers.

On behalf of the residents, staff and board at Abbeyfield Duncan, we wish everyone a safe and happy holiday season!

Submitted by Melinda Hull



Abbeyfield B.C. Chapter Meeting

The Abbeyfield B.C. Chapter held its annual conference this year in the beautiful city of Kelowna on Sept. 30 and Oct. 1. Ten of the 12 societies in B.C. were represented with 30 delegates attending.

The conference began on Friday evening with a social gathering in the hotel. This was a great opportunity to renew old friendships and forge new ones.

The main conference started on Saturday morning. There was a full agenda with presentations planned throughout the day.

Abbeyfield Canada President Denis Laframboise opened the meeting with an informative presentation on Abbeyfield Canada, the achievements and upcoming goals for the organization that assists the different Abbeyfield groups across Canada.

Next was an excellent session on emergency preparedness given by Sandra Follock, the Assistant Fire Chief for the City of Kelowna. Sandra shared her firsthand experiences preparing for evacuations due to wildfire and flooding in British Columbia. Sandra's presentation was very informative and everyone's knowledge in this area was greatly enhanced.

During the lunch break, Frank Milne gave one of his insightful talks to the group. Mr. Milne's generosity over the past years has benefited the British Columbia societies as well as Abbeyfield Canada.

After lunch, International Partnership Manager Cheryl Dean from Abbeyfield International took the podium and talked about the worldwide achievements of the organization. She shared stories and pictures of the many Abbeyfields in numerous countries.

There were presentations ranging from grant writing to accessing the Abbeyfield Team pages and encouraging resident participation. Bryan Woo from the BCNPHA also gave a talk on the benefits of belonging to the association.

The conference wrapped up with dinner in the main dining room of the hotel which was a great wind-up for an informative day.

Thanks to the organizers of the event, the presenters and all those that attended and participated in making for a very successful conference.

Submitted by Greg Askham

**Cheryl Dean at Ontario
Chapter with Joanne Robinson,
Abbeyfield Canada Director**



**Volunteers and Abbeyfield
Lakefield board members
gathered to do the fall cleanup
at the future site of our
Abbeyfield House. (From left)
Hans Kamping, Jack Parsons,
Lynda Parsons, Cydney
Kamping, Michael McDonnell,
Ron Black, Evan Black and Bill
Ratcliff.**



Agnes Warda, Andrzej Dera, Secretary of State, and Danuta Tardif are shown Cooperation with the Polish Diaspora and Poles Abroad.

Abbeyfield Polonia



Polonia House members attended the Abbeyfield Ontario Chapter meeting in Peterborough on Sept. 24. (From left) Guest speaker and architect Christopher Tworkowski, Monika Roczniak, Zofia Wald-Mróz, Marianna Zurawski, and Abbeyfield Canada Executive Director JP Melville.

Polonia House report



In November 2022, Abbeyfield Polonia House marked the first full year as a provisional member of the Abbeyfield House Society of Canada. Over the past year, we have accomplished a lot, but we still have a long way to go before we realize our dream of the “*Life Reimagined*”. Earlier this year, we incorporated as a not-for-profit organization in the province of Ontario and are currently finalizing our application for a charitable status federally.

Transitioning from summer to fall and now winter has been quite hectic and eventful. Amongst other activities (and in an effort to engage with the Polish community in Ottawa), we organized an information session hosted by St. Hyacinth Polish Parish in Ottawa to introduce the Abbeyfield concept to a well-represented group of local seniors. Abbeyfield’s Executive Director JP Melville provided an overview of the Abbeyfield experience and participated in the Q&A session. The meeting was well attended (especially considering it took place over the last weekend in August), with Father Antoni Degutis and the Consul of the Republic of Poland, Natalia Kubik in attendance.

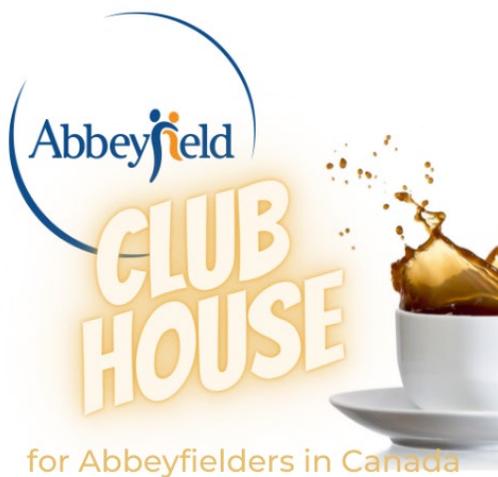
Members of the Polonia House Board of Directors were thrilled to attend the Abbeyfield Ontario Chapter Meeting in person held in Peterborough on Sept. 24. We found the meeting extremely informative and an amazing opportunity to put faces to names, network and learn.

It was such a huge learning experience to meet Dr. Elizabeth Russell. Dr. Russell is the co-coordinator of an interdisciplinary program on the Psychology of Aging at Trent University, whose activities included the preparation of a “Needs Assessment Survey” for Abbeyfield Lakefield. It was also so interesting for our members to interact with Cheryl Dean (the International Partnership Manager for Abbeyfield International) and Christopher Tworowski, architect and chief planner of Abbeyfield Lakefield. Being a provisional House and being aware of the huge workload we have ahead of us, we left invigorated and motivated realizing that every House was once in the same situation that we find ourselves now and that the goal is achievable!

Our immediate work plans include the creation of a demographic profile of the Polish ethnic group in Canada and its current and long-term development trends – with an emphasis on showcasing demographic shifts such as aging in the Polish community. The profile will also address aspects of isolation and loneliness among seniors, issues related to language barriers in care, and challenges surrounding access to co-housing communities offering affordable for seniors. This profile will be very helpful in our efforts to pursue funding opportunities with various private foundations and government organizations.

We are just about to launch our website and print flyers to raise awareness of our group and to use in ongoing outreach to the local Polish community. We are so proud to conclude our first full year on a high note with a sense of realization that we gave our best to benefit seniors in our community. This would not be possible without the support and guidance from Abbeyfield Canada and colleagues from other Houses, for which we say a heartfelt “Dziękujemy” (Thank you in Polish).

Submitted by Danuta Tardif and Agnes Warda



Coming events

Thanks to all who have attended the Club Houses Zoom meetings we've held this fall. Our next Club House is set for Saturday, Jan. 21 and an invitation to join will be sent to all Houses. The featured topic is recruiting, retaining and rewarding volunteers and will be led by AC board member Andrea Geary. Please let us know about any topics you would like to discuss at future Club House meetings. You can send your suggestions to AC Administrative Manager

Rhonda Flanagan at info@abbeyfield.ca

Information on nominating long-time volunteers as candidates for the Robert McMullan Award for Volunteering Excellence will be sent to all Houses in early January with a nomination deadline of the end of February. We have honoured some well-deserving Abbeyfield volunteers with this award over the past few years and hope to continue to do so. Best wishes from the Abbeyfield Canada board and staff members for a wonderful holiday season and 2023!



Prince Albert House report

This summer Prince Albert Abbeyfield House was enjoying the relaxation of pandemic health regulations and looking forward to resuming normal activities. Residents were able to shop and visit with relatives again. Residents grew flowers and vegetables in the yard and enjoyed meals on the back deck.



Prince Albert House

Mummy brownies and gingerbread skeletons were specially prepared for the Halloween party

Pick a card - magician Roger Boucher entertained residents at a special post-COVID Halloween party.



The House had mostly escaped the pandemic until October when all but two residents developed COVID-19. Because of the vigorous health precautions and our continuing vaccinations none of the residents required hospitalization and all are now enjoying activities in the House and the community. During the outbreak, staff carried meals to rooms and provided emotional support for those feeling isolated.

To compensate for the tedious days of isolation, the House held a special Halloween party featuring local magician Roger Boucher. The evening was memorable for residents and staff.

Winter began with a bang on Nov. 5 with a storm described as “snowmagedon”. Deep snow and freezing temperatures are keeping residents closer to home. Fern Fischer keeps residents active with bingo every Wednesday night. Laughter Yoga and chair-assisted yoga are offered each week. Residents enjoyed an afternoon of quilt tying. The quilts are assembled by local volunteers who needed help with the final step of knotting the layers together. The quilts will be donated to local shelters for women, children and homeless people.

Submitted by Ruth Griffiths

Scarborough Bluffs House report

“Leave it to Ingrid.

The biggest news from Abbeyfield House Scarborough Bluffs (Toronto) is that our beloved House Coordinator Ingrid Seegobin is retiring in early December. Staff, residents, friends and family all gathered at the house on the evening of Nov. 19 to celebrate Ingrid’s six years of service. By the end of the evening, there was barely a dry eye in the house, and everyone agreed that what set Ingrid apart was her humanity and her big heart.



(From left) **Scarborough Bluffs House Board** President Sahra Nalayeh, outgoing House Coordinator Ingrid Seegobin, Board Treasurer Bill Statten, and former Board member Janis Kernaghan are shown at an event to honour Ingrid’s work at Scarborough Bluffs House.

Coincidentally,, it was 52 years earlier to the day that Ingrid first visited Canada as a young woman from Trinidad, with no hint that she would one day make Toronto her home. One of her first acts as a retiree will be to return to Trinidad, but only for a holiday. “My life is in Canada now.”

Her Abbeyfield life began six years ago over coffee in a Whitby Tim Horton’s when board members Sahra Nalayeh and Bill Statten offered her the House Coordinator job. Ingrid knew from the very first

that running an Abbeyfield House was going to be something special and would require something special from her.

“I decided I will treat this as if it’s my home,” she told the partygoers. “It had to be a commitment. Telling myself this is my home, and these people are under my care made my job easier.”

But it made retiring from the job a little more emotional.

“It’s not just retiring from a job. It’s leaving my home.”

The evening was filled with accolades for Ingrid’s service, and fond remembrances of challenges overcome. The answer to most of those challenges was “leave it to Ingrid.”

“With Ingrid, her humanity comes first,” said Ms. Nalayeh, President of Abbeyfield Scarborough Bluffs. “She takes great interest, celebrates every resident, knows their unique needs ... You showed them love, care ... Sometimes there was a little laugh, sometimes a little cry, but she was always 1,000 per cent invested in what’s happening here.”

True to her nature, Ingrid closed her remarks with warmth, good humour and genuine humanity.

“That meeting in Tim Horton’s was really and truly the beginning of quite an adventure,” she said, and then reminded us all: “Today becomes tomorrow. The things we do today are the memories we will have tomorrow. That’s why you have to make a real commitment.”

ABBEYFIELD LEGACY FUND

INVESTING IN NEW HOUSING FOR SENIORS

Abbeyfield is a worldwide brand and has become synonymous with affordable, respectful, and dignified living for seniors in small, friendly, home-like settings that offer companionship, security, and independence. In order to bring the Abbeyfield housing model to as many communities as possible, we have established The Abbeyfield Canada Legacy Fund, an endowment fund that would help to sustain and support Abbeyfield’s growth in Canada. This endowment fund will enable us to (1) raise awareness of the Abbeyfield model, (2) help to support our existing houses in Canada, and (3) develop more houses for more Canadian communities. Abbeyfield Canada’s goal is to raise \$5 million over the next five years in order to establish this critical endowment fund, and your financial support for our visionary plan will be integral to its success. Ensuring that senior Canadians regardless of income or location live safe, secure lives in decent and suitable surroundings that support well-being is both a responsibility and a dream that we should all share. Additionally, we need to acknowledge that the need for

alternative, affordable senior housing in Canada is only going to increase over time. This is a pivotal moment in the Abbeyfield Canada story because we have a timely opportunity to make a difference for countless Canadian seniors. Let's act now.

How to support the **Abbeyfield Canada Legacy Fund**

BY CHEQUE

Make cheque payable to "Ottawa Community Foundation" and note "Abbeyfield Canada Legacy Fund" on the memo line

Mail to:

Ottawa Community Foundation

75 Albert St., Suite 301,

Ottawa, ON K1P 5E7

BY CREDIT CARD

Go to the online donation page for [Abbeyfield Canada Legacy Fund](#) and complete the online donation form.

<https://www.ocf-fco.ca/funds/en-abbeyfield-canada-legacy-fund>

Note: tax receipt is emailed to the donor immediately, at the email address noted on the donation form.



St. Peter's House report

Hello from Abbeyfield House St. Peter's in Victoria, B.C.

If we had to describe in one word the past six months at Abbeyfield House St. Peter's that word would be CHANGE. Change can be a good thing ... it can improve situations, bring new opportunities and new people into our lives. Sometimes change can be challenging and we find it hard to accept.

St. Peters

Pippa visiting her favourite resident Joanne

Board member Bev stopping to chat with George



Jeff Horspool is the new Abbeyfield House Coordinator and Chef

Late Board Chair Inez St. Denis shown at Abbeyfield House in December 2021

The first shifting of our tide started in May this year with the sudden passing of our beloved Board Chair Inez St Dennis. Inez volunteered with Abbeyfield for over six years facilitating and coordinating board work with grace. The residents loved her. Our Board of Directors – most long-term members, regrouped to ensure the stability of Abbeyfield House and our residents.

Summer 2022 was also a time of major staff changes including recruiting a new House Coordinator, hiring a professional gardening company and new cleaning staff. Even our bookkeeper was wooed

away by another employer, but lucky us, the new Board Treasurer added volunteer bookkeeping to his duties.

In September we celebrated with a “New Beginnings” barbeque and official welcome to our new House Coordinator/Chef Jeff Horspool.

As we approach the holiday season with new routines, new menus, different views and our new normal, we are excited to meld old holiday traditions with new ones. Abbeyfield St. Peter’s was unsure where change might take us, however, we are blessed with the outcomes from our changes this year and thankful for our family of residents, staff, volunteers and board members.

Submitted by Maureen Allen



Riverside House Society report

Abbeyfield Riverside House Society was incorporated in mid-October 2022. We currently have eight Board members and many valuable volunteers and community advisors.

Abbeyfield Riverside, located in Ottawa, evolved from a group of community members who have a common interest in supporting seniors to age-in-place in a healthy manner.

We are in discussions with the developer of a new rental apartment complex to incorporate the Abbeyfield model into their building. In the meantime, we will continue to explore other housing locations in the community.

We also plan to host a “workshop/survey” in spring 2023 to better understand the wishes of our aging community.

Submitted by Pat(rica) Eakins

Abbeyfield Caledon wishes you all a Happy New Year!



Vernon House report

We enjoyed a beautiful Okanagan summer this year, smoke-free if a little hotter than usual. Our residents made the most of it with two excursions on Okanagan Lake in the Heaven Can Wait pontoon boat.

In early October, members of our board attended the Abbeyfield B.C. Chapter meeting in Kelowna, and afterwards welcomed our Abbeyfield Canada President and his wife, Denis and Micheline Laframboise, and Abbeyfield International Partnership Manager, Cheryl Dean. We currently have two residents with South African connections and one of them was able to meet Cheryl for a chat.



Abbeyfield International Partnership Manager Cheryl Dean (second from left) and Abbeyfield Canada Board President Denis Laframboise (right) visited Vernon House in October.

With the support of a grant from the Abbeyfield B.C. Trust, we have made a promotional video of our Abbeyfield House. All but one of our residents participated, showing our day to day life there, and had so much fun doing it. Thank you so much to the B.C. Trust for your donation.

Abbeyfield Canada got everyone going on making a scarecrow in October! Who knew that would be such a hit. Quite a group of residents were involved, donating clothes and other 'attachments' for the scarecrow! Our live-in night responder also made her own scarecrow for a little bit of in-house competition. Soon afterwards, the House took on a haunted look as we reached Hallowe'en. We even had a witch in the kitchen!

It's certainly looking a lot like Christmas here now with a very early heavy snowfall and more on the way. Plans are afoot for it to be a wonderful time for the holiday season at Abbeyfield House, as always.

Submitted by Judy Maile

Vernon House staff
and residents
celebrated
Halloween



Armstrong House report

After we received Abbeyfield Canada's suggestion to invite newly elected councilors to come to get to know our Abbeyfield, we used your template letter and did just that. The new mayor and two councilors joined us for a tour then tea and Christmas treats. Following that, we received an awesome visit from a local singing group "The Rockin Mamas" who serenaded us with beautiful Christmas carols. A beautiful day!





St. Andrew's House Report

We are gradually emerging from COVID at St Andrew's Abbeyfield, moving forward one step at a time. Our residents are re-engaging with the community at-large, while still being cautious when out and about.

We continue to celebrate each resident's birthday and every holiday occasion (and a few other occasions when we feel the need to celebrate). That is a lot of party-time in a year!

Our puzzle group is very advanced, making it extremely difficult to find a puzzle that is challenging for them! Scrabble continues to take place and some of the residents gather to participate in chair exercises. We are fortunate to have a library and active seniors' centre nearby for residents to access.

Everyone is enjoying the delicious meals prepared by our new house coordinator Jill Leblanc, who joined us in April of this year. Local rumour has it that when a person lives at Abbeyfield he/she is destined to gain weight because the food is so good!

In early October we enjoyed a visit from Denis Laframboise, President of Abbeyfield Canada and Cheryl Dean, International Partnerships Manager from Abbeyfield International. House coordinator Jill prepared a lovely tea with delicious goodies for everyone. Residents, staff and board members enjoyed mixing, mingling and conversing with our guests.

In December we are holding our annual emergency planning educational session. Representatives from the fire department, police department and emergency social services will all do presentations focussing on prevention and safety, specific to their specialty areas.

Our annual board-catered Christmas party resumes this year. Staff, residents, sponsors and community friends will all gather for the celebration. We are joined by Mr. and Mrs. Santa who bring joyous Christmas music and greetings to everyone. It is always a festive, friendly, pleasant afternoon.

The season continues at St A's with a jolly Christmas stocking evening. London Drugs provides Christmas stockings for each resident and miscellaneous other small gifts find their way into the stockings. The presentation of the stockings becomes the focus for a pleasant evening of seasonal music, refreshments and goodies enjoyed in front of the bright cheerful fireplace.

As Christmas approaches most of the residents go home to family for a day or a few days depending on individual circumstances. Those who remain at the house enjoy a peaceful happy time with good food and good friends.

We are truly blessed here at St A's.

All residents, staff and board members send warmest Christmas greetings to all Abbeyfields across the country!



Fall Greetings from Abbeyfield Durham

It's been an exciting fall season for us here at Abbeyfield House in Durham, Ontario! We celebrated the 100th birthday of Blanche Henderson on October 13th. Blanche is an inspiration to all who know her. Her family put together a community celebration at the Legion and it's believed close to 300 people came to honour Blanche. She is known for her dancing ability and one of her acquaintances followed through on the promise of a dance – and everyone noticed how they kept perfect time!

The next big excitement for everyone in the house was the Abbeyfield Canada Scarecrow competition. Sarah, one of the daytime kitchen staff, spearheaded the project alongside Marion Thompson, one of the residents here. With the help of a few others, they put together a couple of scarecrows for the contest. It was fun to have these October characters hanging out in our gazebo for the weeks leading to Halloween. We were so excited to hear that Abbeyfield Durham was one of the top five, and we won a prize that will turn into a sweet treat for everyone to share here at the house! You can count on us to be in on the next big competition!

We have had two new residents join our Abbeyfield Durham family. It's always a pleasure to welcome new people into the group. Playing cards is a past-time for several here and it's a great way for newer individuals to join in and have some fun. One of the benefits of the Abbeyfield concept of being a community residence is that often moving in here brings people together who already have known one another over the years. It's nice to see these relationships grow and re-connections make the transition to being in a new home easier for everyone.

As the holiday season approaches Abbeyfield Durham is looking more festive every day. This is the 20th Christmas celebration here in Durham, and we are all embracing the season and feeling so grateful for this home where we can celebrate together. Several residents decorated a gingerbread Christmas Village for our coffee table centerpiece, the tree is up, and the Christmas spirit is evident throughout!

We wish everyone at the Abbeyfield Houses in Canada a very Merry Christmas and look forward to catching up with you next time!



Our expert Decorating Committee once again did stellar work to give the House a tremendous festive atmosphere. The piece de resistance was the Christmas tree, which Santa will certainly stop to admire.

Several of our ladies enjoyed time together building a festive village of ginger bread houses. Some of the building materials may have been taste-tested



Orchard City House report

The residents at Orchard City have had a busy summer. The Board of Directors have continued with the updating and improvements to the house and the yard. This year we focused on some of the outdoor areas, concentrating on the gardens and patio sitting areas. The board purchased a new “gazebo - it is large enough that all the residents can gather around and have a social or outdoor BBQ.

We did have to have several trees removed, due to safety issues. This gave us several new areas creating gardens and sitting areas. We now have plans to have a horseshoe pit to be built for next spring.



(Garden area before and after the big maple tree was removed)

Several of the residents got together and built a raised flower bed, which they made from recycling an unused garden bed and then planted several perennials to decorate. We have had several events over the summer, this includes an outdoor bocce ball game, a tournament game of washers, which was a new game for the house.



One of the big events that the residents took part in was a day out on a pontoon boat, floating around Kalamalka Lake enjoying the Okanagan sun with a picnic lunch of Kentucky fried chicken with all the trimmings.



One night the staff and residents gathered in the dining room after supper and all created scarecrows which we then entered into the Abbeyfield Canada Contest. At this time, we have not heard how that contest went; we believe we should win... we did host a contest here for our scarecrows and had everyone vote on their favourite ones, including all care aides and visitors to the house. We had a lot of fun and laughter putting them together.



The board and some of the staff took part in a volunteer fair at the end of September, which generated a list of local residents who want to spend time participating with our residents in activities, doing puzzles, hosting games such as bingo, yahtzee and card games like bridge or playing chess or checkers. We all look forward to the fun festivities this will bring over the winter, when the cold forces us inside.

All summer we had weekly visitors to your garden area. These guests brought laughter to us all, as we watched the baby fawns grow into beautiful young deer.



As this season wraps up, Orchard City Abbeyfield is hosting a wedding between two of our residents, Tom V. & Jacqueline W. The service is being performed by a third resident pastor Bernard C. The board and staff wish them all the best for their future endeavors.

The residents and the staff had a great summer and are busy planning what we will be doing over the winter months, with plans for the house decorations in the first few weeks of December, a Christmas party on the 17th of December which will have musical entertainment and great food.

Orchard City Abbeyfield is looking forward to 2023 and we wish everyone a joyous season.

Thank you from the board members, staff and residents

ABBEYFIELD CANADA WINTER 2022 NEWSLETTER

Thank you **Abbeyfield Fort St John** for these brilliant photographs from the season!



happy new year 2023

"Ring out the old, ring in the new,
Ring, happy bells, across the snow:
The year is going, let him go;
Ring out the false, ring in the true."

Alfred Lord Tennyson